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LET'S GET NUTS

CHILDREN'S COACH AND
AUTHOR TALKS CALMING
KIDS AT CHRISTMAS TIME

PAGE 17



Arsonist attempted to kill, police say

The suspect in Sunday's west London fire tried to hit people with a car as they fled the home: Investigators **PAGE 3**

Sunfest requests \$50K for biggest fête yet

Some balk at price tag of the festival's 20th-anniversary celebration **PAGE 4**

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Amazon.com hopes to deliver orders via drones by 2018 (I'm. Terrified.) **PAGE 11**

NEWS
WORTH
SHARING.

LONDON'S HIGH HOPES

The London Knights' Bo Horvat, left, and Josh Anderson were named as hopefuls Monday for Canada's National Junior Team. They're among the 15 CHL forwards who have been invited to the team selection camp later this month in Toronto. More coverage, page 21.

PHOTO ILLUSTRATION BY DAVID VAN DYKE/METRO

PANDORA
UNFORGETTABLE MOMENTS



Wednesday's Jackpot

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PRIZE DRAW

Mayor Fontana still aiming for big bull's-eye

Tough budget. Mayor insists city can avoid tax increase in 2014 budget

 MIKE
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Mayor Joe Fontana's still gunning for that big round target that's become so well known in London — a zero per cent tax increase.

But can it be done? Even Fontana, city hall's arch-proponent of tight taxes, is refusing to guarantee it.

Tuesday marks the start of arguably the most important budget process the city has seen in the life of this council. It's the last one before the municipal election and everybody's

circling the wagons, preparing their political pitches.

Fontana's aim may sound familiar, but there are subtle changes in the statement from the man who led two years of no tax increases and one reluctant 1.2 per cent hike in 2013.

Asked what he wants from the process, Fontana said Monday: "The best deal for taxpayers, which is zero. That's always been my plan."

Is that what they're going to get? That's where Fontana's tone shifts away from the strict hold-the-line approach that helped him get elected in 2010.

"Anything is achievable," he said, pointing out his critics said zero wasn't achievable in those first two years.

The tax increase in his third year as mayor was about "preparing ourselves for the future."

and investing in jobs, Fontana said. And that might happen again.

"Every budget is a tough budget," he said. "And at the end of the day I want to balance that.... But at the same time we've got to plan for the future and that means investing for the future."

There were similar noises Monday from Coun. Stephen Orser, who's long been one of Fontana's main allies in the zero campaigns.

"I'm two per cent Orser now," he said. "The reason I say that is, when I think about the Adelaide Street (railway) crossing, when I think about the policing issues in Ward 4 that we absolutely must deal with, when I think about the weekly garbage pickup, I think that two per cent is a fair balance."

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Robins Hill Road

Pair charged in
Thames Centre
break-in

Two Londoners are facing charges after police say they were caught in the act of breaking into a Thames Centre business.

Jared Wilson-Walker, 30, and Patrick Ozard, 24, were arrested shortly after police were called to an address on Robins Hill Road about 2:55 a.m. Sunday. One of the men was taken into custody at the scene. The other man was tracked down by an OPP canine unit, police said.

Both are charged with breaking and entering with intent to commit an indictable offence and failure to comply with a probation order. They've been remanded in custody pending an upcoming court hearing. **METRO**

Suspect sought

Police investigate
dog walking
robbery

Elgin County OPP are looking for a dog walker accused in a Port Stanley robbery. Police said the male suspect was walking a dog along Colbourne Street about 12:30 a.m. when he approached a woman and indicated he had a gun. The man then demanded money and left the area with an undisclosed amount of cash.

The suspect is described as white, five-foot-eight, in his late teens or early 20s with medium-length dark hair and a heavy build. He was last seen wearing a dark sweater with a hood and dark leather gloves.

METRO



Police now say a Sunday morning arson at this Columbia Avenue home was an attempted murder-suicide. MIKE DONACHIE/METRO

Arsonist intended to kill, cops say

Columbia Avenue.

Suspect tried to hit people with car as they ran from burning home: Investigators



SCOTT
TAYLOR

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A Sunday arson in west London was an attempted murder-suicide, police said Monday.

The man who set fire to the house at 152 Columbia Ave. killed himself a short time later.

His ex-wife, who police believe was the target of the attack, wasn't home at the time, but several of her relatives were inside when the flames broke out about 5:35 a.m. One of them alerted the others, and they all escaped.

Police said the man then fled the scene in a PT Cruiser but turned it around and tried to run down two of the home's occupants after they evacuated.

He lost control of the vehicle and ran away on

foot.

Officers arrived and the canine unit was employed to find the man. His body was soon found in the back yard of a house on Woodward Avenue. It was determined he had committed suicide.

An autopsy to determine the manner of death was scheduled for Monday.

A search of the man's car turned up a number of incendiary devices and accelerants, police said. Spent fireworks were also found at the scene.

Images captured on a privately owned security system in the area assisted with the investigation.

Police aren't searching for any other suspects, and there will be no charges laid against any of the home's occupants, investigators said.

The man who died has not been named because police haven't notified next of kin and to protect the identity of his ex-wife.



Follow Scott Taylor on
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have trouble sleeping?

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1
NEWS

Sunfest aims for biggest fête yet

Funding application.

City council members aren't all in favour of providing money

 MIKE DONACHIE
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Sunfest is getting ready for a big celebration, and city councillors love the idea.

But some of them balked at the \$50,000 request from the festival to help mark its 20th anniversary next July with a bigger event than ever before.

There was widespread praise at city hall Monday from council members for the overall success of Sunfest, which is more than a single festival. As well as spreading awareness of London's diversity, the organization stages musical events throughout the year.

But, as it looks ahead to 2014, the investment and economic prosperity committee was asked to put up the extra, one-time funding to help extend Sunfest to five days from the previous four.

Sunfest board member



Malian musician Fatoumata Diawara performs during this year's Sunfest in Victoria Park. METRO FILE

"It truly is a remarkable journey."

Coun. Joe Swan

Don Mumford said the aim is to recognize 20 years of success. The hope is to bring more people to London, too.

And council members were enthusiastic.

"It truly is a remarkable journey," said Coun. Joe Swan about Sunfest's long history, and Mayor Joe Fontana agreed.

Then came the concerns.

With the start of the city budget process just one day away, Coun. Dale Henderson questioned Mumford on Sunfest's funding and oversight, receiving assurances it's a

properly run registered charity.

Coun. Paul Van Meerbergen said he couldn't support the \$50,000 ahead of budget debates and asked Mumford

Say 'fa la la.' Venue rivals working together

There is harmony in London for the city's big performance-venue plans.

At least, that was the message at city hall Monday.

Investments and partnerships chief Harvey Filger asked council's investment and economic prosperity committee to approve an agenda item that described how The Grand Theatre and Orchestra London — recently rivals with competing bids for a new performance space — are working together.

Filger spoke to the committee about the public participation meetings in the fall.

"The salient point that arose out of those public consultations was that the two parties should work together," said Filger.

The new partnership was welcomed by council members, with Mayor Joe Fontana saying he was "very excited" about it.

The next step is forming a joint task force with members of the two groups and an independent chair.

A joint letter to the committee from Music London

Singing in unison

- The Grand Theatre wanted to expand into a parking lot behind its building with a new auditorium supported by a tower of housing units.
- Orchestra London had a similar plan but no site picked.
- Neither project had enough information on capital funding to get support from city hall, so the city asked both groups to report back last month.
- Before that could happen, they announced they would work together instead.

chair David Canton and Grand Theatre president Ron Koudys refers to a joint proposal and a "multi-site approach."

More details are expected to be presented to councillors by the end of January.

MIKE DONACHIE/METRO



Sunfest's request

- \$50,000 sought from city hall as a one-time grant
- Of that, \$32,000 will go towards artists' fees, \$12,500 for marketing and \$5,000 for production.
- Sunfest is paying out an extra \$25,000. That's \$15,000 for additional acts, \$5,000 for hospitality and \$5,000 for production.

to look for corporate sponsorship instead.

Although Mumford said "anything is possible," he did not expect sponsorship to be available.

But the issue was academic, because the committee was only asked to add the funding request to the budget process. All five members agreed.

There was another moment of controversy when Fontana, defending the economic value of arts and culture, swore at Henderson.

"Don't give me any more sh-, Dale," he said.

Fork in the road

Not everybody liked it, but city hall looks ready to welcome it. The city's investment and economic prosperity committee agreed Monday, subject to full council approval, to accept an unusual donation. The Sentinel, an aluminum sculpture that currently sits on private property near Commissioners and Wharncliffe roads, is being donated to the city by the Blackburn Foundation. "I don't like the looks of it," said Coun. Dale Henderson, who voted against the move and had to be reassured that it wouldn't rust. But other councillors supported the gift, which is worth \$125,000. The sculpture is likely to wind up at the Forks of the Thames.

MIKE DONACHIE/METRO

Cops raise \$3K+. Run for Rick helps fill the kettle

Rick Harriss died before his time, but the London police inspector's longtime support of the Salvation Army continues through his wife and his former brothers in arms.

London police officers participated Monday in the third annual Running for Rick 5K fun run, raising \$3,358 for the Salvation Army Christmas Kettle Campaign. That bests the previous year's total, said Const. Ken Steeves.

"Last year, we raised \$2,012," Steeves said. "I think it was actually just shy of \$2,000, but somebody pitched in the extra because it was the year 2012."

No such worries this time



From left, Dana Harriss, London police Chief Brad Duncan and the Salvation Army's Sally Ann mascot are pictured Monday. SCOTT TAYLOR/METRO

Sticker shock

Electricity rates set to spike

Ontario homeowners face a 33 per cent hike in electricity rates over the next three years, but that's lower

than a previous government forecast. Energy Minister Bob Chiarelli said Monday as he unveiled the Liberals' long-term energy plan. The average household electricity bill is expected to climb from \$125 this year to \$167 by 2016. THE CANADIAN PRESS

"Rick co-ordinated the Kettle Run every year for the London police members," Steeves said. "It was near and dear to his heart, so Dana (his wife) has carried on his legacy in raising more funds with Running for Rick."

Harriss died at age 51 from a heart attack. He had been active with the Oakridge Optimist Club and was heavily involved in minor sports.

"He was just a great guy," said his widow, Dana. "My husband was very supportive of many things, especially the Salvation Army. He loved doing the kettles." SCOTT TAYLOR/METRO

Donations being accepted. Two boys escaped home as flames spread

 SCOTT TAYLOR
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Fire crews gathered outside and a scorched window stood as a reminder Monday morning of the close call two young St. Thomas boys had with tragedy the previous night.

Now, the neighbours who took the eight- and 10-year-old brothers in immediately after a blaze at their Wellington Street home say urgent help is needed. The family, neighbours said, didn't have the home insured.

"She kept saying that she didn't have insurance and didn't know what she was going to do," said Aileen Pollard, who lives with her husband and their two kids across the street.

"So, please, do what you can to help," she added.

The St. Thomas Community Christian School (77 Fairview Ave.) is accepting donations for the family from 8 a.m. until 4 p.m. every day this week. People there can be reached at 519-633-0690.

It's not yet known what caused the fire, which started



St. Thomas firefighters remained outside a Wellington Street home Monday after a fire tore through the residence the night before, leaving a family homeless. SCOTT TAYLOR/METRO

about 8 p.m., but it spread quickly, Pollard said.

"The boys came running out. One had just gotten out of the shower and had his boxers on, so we took them in and warmed them up and gave him some pants to put on,"

she said.

The boy's mom had gone to a friend's house for a cup of tea when the blaze started.

Pollard said firefighters were dealt a stubborn battle.

"Every time it seemed they had extinguished the flames,

more would pop up," she said.

She said she was sure others were also calling 911, but she did so just to be sure.

"Don't wait for someone else to do it," she said. "The faster the fire department gets there, the better it will be."



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michael hill

Rafferty. Public sympathy or not, convict deserves proper appeal: Lawyer

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a

lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Tori from her school in Woodstock and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that every person have the right to a fair trial and a proper appeal, Calarco said outside the court.

"That applies no matter if the person is one for whom the public has sympathy ... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion, request that Legal Aid fund a lawyer or order that the money should come from the Ministry of the Attorney General.

The trial judge made three errors, including not charging the jury on the issue of accessory after the fact, Calarco told the court.

THE CANADIAN PRESS



Michael Rafferty is taken from the London courthouse by police in March 2012. THE CANADIAN PRESS FILE

Documents. Liberals claim they didn't know about Ornge CEO's \$9.3M payout

Revelations that Chris Mazza collected \$9.3 million before being axed as Ornge's CEO amid a criminal probe of the air ambulance service's finances sparked another firestorm Monday for the Ontario government.

The Liberals pleaded ignorance of the figure and couldn't explain why the source documents cited by Torstar News Service — prepared by Ornge and provided to government auditors nearly two years ago — apparently didn't make it to the legislative committee probing the scandal.

Health Minister Deb Matthews said Ornge's former managers hid salaries from the government. But she also admitted she hadn't looked at the documents about Mazza's salary before they were sent to the Ontario Provincial Police in February 2012.

Mazza outsmarted her, she said.

It's been the common refrain throughout the Ornge scandal from the Liberals, who the auditor general criticized for failing to oversee Ornge despite giving it \$730 million over

five years and allowing it to borrow another \$300 million.

The Liberals insist Ornge, which receives about \$150 million a year from the province, went rogue with a web of for-profit companies and questionable business deals, as well as exorbitant salaries and lavish expenses.

The committee has heard that the Liberals signed off on the for-profit venture — which went nowhere — but didn't pay attention to what was going on. Those subsidiaries are now bankrupt.

Matthews's comments incensed the opposition parties, who said they can't believe Mazza's true compensation is only coming out now.

THE CANADIAN PRESS

Ornge squeeze

"I am honestly disgusted the more I hear about what this man and his board did."

London North Centre MPP and Health Minister Deb Matthews



A London Transit bus makes its way through downtown on Monday. Public transit is one area that could feel a pinch as city council launches 2014 budget debates.

ANGELA MULLINS/METRO

Public services faced with strapped budget

Who needs it more?

Boards, commissions to make their case for funds above target



MIKE DONACHIE

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The documents are all in and there's a long road ahead for the city's budget process.

London's publicly-funded boards and commissions were, for the most part, asked to keep requests for budget increases to just 0.7 per cent.

Did they? Well, Tuesday's

massive budget document will reveal all the details, but it doesn't appear likely.

For example, London Public Library is asking for 1.8 per cent. Board chair Josh Morgan said that involves a \$35,000 cut in its acquisitions budget but otherwise maintains core services or pays costs the library can't control, like utilities.

Could the library have met the 0.7 per cent request? Only with cuts that councillors and taxpayers don't support, according to the library's consultation exercise.

Then there's transit. Coun. Harold Usher, vice-chair of the London Transit Commission,

The goal

0.7%

The budget increase the city asked most boards and commissions to aim for is 0.7%.

said its request is 2.4 per cent, of which 0.6 per cent is to pay for further growth.

Transit's a hot topic in London, and with soaring demand, Usher says the city must keep investing or risk "a deteriorating service."

How's housing lining up for the budget battle?

London and Middlesex Housing Corporation board

member Coun. Joe Swan said it's asking for 2.7 per cent, but 1.5 per cent of that is to pay for city services, including special garbage collections and policing for certain sites. He wants the city to negotiate a better deal with the housing board.

Some of the money would go toward a bigger tax bill for the city that can't be avoided after the province reassessed property values, Swan said.

So there's a line-up of services about to ask for more money, with arguments ready to justify it.

Will anyone meet the 0.7 per cent target? Don't bet any money on it.

Budget freeze means layoffs: Top cop

As the budget battle brews at city hall, police Chief Brad Duncan is stressing that he's not angry some city councillors say his department shouldn't get more money in 2014.

But while he's not angry, he is frustrated.

He calls a zero per cent increase an "arbitrary number," and one that no business model would accept.

It's also "pre-emptive" and "puzzling."

In an interview last Friday, Duncan sounded like a man who wants diplomacy, but who's also ready for a fight.

"This comes (as) a surprise that they want to take a police budget right to zero," he said of Councillors Bud Pohill, Nancy Branscombe and Dale Henderson, who last week said they'd support the funding halt.

Duncan said the implications of a budget freeze would mean layoffs and a sharp re-

duction in services he said the public wants.

"We will start to look at what zero per cent means, but I can tell you now that right off the bat that (laying off) 35 officers would mean a complete reduction in our downtown foot patrol — they would be eliminated — (and) our (community oriented response) unit would be eliminated, and 10 positions from our community services unit."



London police Chief Brad Duncan
SCOTT TAYLOR/METRO FILE

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N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

Weener said the throttle went to idle six seconds before the derailed train came to a complete stop — "very late in the game" for a train going that fast — and the brakes were fully engaged five seconds before the train stopped.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy was the result of human error or faulty brakes, Weener said, "The answer is, at this point in time, we can't tell."

The engineer, William Rockefeller, was injured and "is totally traumatized," said Anthony Bottalico, executive director of the rail employees union. He said Rockefeller, 46, was cooperating fully with investigators. **THE ASSOCIATED PRESS**

Expenses scandal. Senate will give RCMP emails from 4 senators

The Senate is scrambling to provide the RCMP with all emails from four senators implicated in an alleged deal to pay off Mike Duffy's ineligible expenses and whitewash a report on the matter.

The Mounties have obtained a court order for the emails, but there was a possibility the Senate could have refused to provide them, claiming parliamentary privilege.

However, Noel Kinsella, Speaker of the Senate, says he's decided parliamentary privilege should not be used as a shield to stymie a police investigation.

Hence, he says the Senate is co-operating fully and will provide the emails within 30 days of the Nov. 20 court

order.

The RCMP wants to see the emails sent and received by Duffy, Marjory LeBreton, former government leader in the Senate, and two key members of the Senate's internal economy committee which oversaw the audit into Duffy's expenses: former committee chair David Tkachuk and Carolyn Stewart Olsen.

The bureaucracy that supports the Prime Minister's Office is also scrambling to hand over emails from former PMO legal counsel Benjamin Perrin, which the Privy Council Office says it mistakenly told the RCMP had been deleted when Perrin left the government in March.

THE CANADIAN PRESS

Ottawa

New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time for the holiday shopping season.

A source says the federal government will bring in an array of regulations

governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

The cards, often given as gift, will also need to clearly display all fees and conditions associated with their use on their exterior packaging.

But government sources say the effective date for the new regulations won't be until May. **THE CANADIAN PRESS**

Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes, slashed services while spending thousands on scented candles and flower arrangements

More details

- Netanyahu was also shown to spend \$11,800 on laundry and \$41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than \$22,000, and the electrical bill hit \$7,390.

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent \$1,700 on scented candles, \$23,300 on flower arrangements and \$31,600 on gardening at his official residence in Jerusalem, among other costs totalling about \$909,000.

The report threatens to embarrass Netanyahu, whose

government raised taxes and slashed services earlier this year to decrease a swelling budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

THE ASSOCIATED PRESS

Not the first time

A history of extravagance

Netanyahu has been chided for his lifestyle in the past. This year, a TV station reported that Netanyahu spent \$127,000 in public

funds for a special sleeping cabin on a five-hour flight to London. Netanyahu was forced to stop buying ice cream from his favourite Jerusalem parlour after an Israeli newspaper discovered his office was spending \$3,000 a year for the treat.

UN: 'Massive evidence' Assad involved in war crimes in Syria

A growing body of evidence collected by UN investigators points to the involvement of senior Syrian officials, including President Bashar Assad, in crimes against humanity and war crimes, the UN's top human rights official said Monday.

The statement by Navi Pillay, who heads the UN Office of the High Commissioner for Human Rights, adds to the pressure for quicker action on Syria ahead of a key peace conference planned for Geneva in January. The conference, brought on by combined UN, U.S. and Russian diplomacy, would for the first time bring the Assad government and opponents together for face-to-face negotiations.

"As we look around the world at the end of 2013, we see examples of situations where that readiness of the international community to act in time is already being sorely tested," Pillay told a news conference.

Pillay said the Syrian abuses — suspected massacres, chemical attacks, torture, rape and a litany of other horrors — are being well documented by a UN panel of investigators.

"They've produced massive evidence," she said. "They point to the fact that the evidence indicates responsibility at the highest level of government, including the head of state."

Syrian Deputy Foreign



UN High Commissioner for Human Rights Navi Pillay speaks at the European headquarters of the UN in Geneva, Switzerland, Monday. Pillay says there is mounting evidence that Syrian government officials, including President Bashar Assad, are responsible for crimes against humanity and war crimes.

SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

Minister Faisal Mekdad was dismissive of Pillay's remarks. "She has been talking non-

sense for a long time and we don't listen to her," he said.

THE ASSOCIATED PRESS

MLA in hot water over photo with blackface Christmas character

Halifax. MLA says he now realizes traditional Dutch Christmas character 'Black Pete' may be inappropriate



HALEY
RYAN
Metro in Halifax

The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening.

"This is a Dutch tradition I grew up with and never, ever in



Liberal MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen at right, that he posted on Twitter. JEFF HARPER/METRO IN HALIFAX

my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People

in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many ways," because he has had to realize parts of his own culture might

be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black mem-

ber of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns.

Manitoba

Opposition leader wishes 'infidel atheists' a happy holiday

Manitoba's Opposition leader's holiday wishes to groups including "infidel atheists" has left online commentators divided as to whether the phrase was insulting or an awkward attempt at humour.

Brian Pallister gave a holiday message last week to a citizen journalist with a video camera. In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others.

"All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says on the video.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good, too."

Pallister didn't directly apologize Monday. He asked for forgiveness while at the same time defending his use of the word infidel.

THE CANADIAN PRESS

Read all about it. Brazeau lands himself new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience and a track record of Twitter trouble. There's also the matter of his impending trial over charges of assault and sexual assault.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip magazine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday afternoon. It will now fall to the press gallery's board of directors to decide whether or not to accredit Brazeau. If it does, he will be granted a pass that allows him to roam freely through some of the corridors of the parliamentary precinct.

THE CANADIAN PRESS



Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

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Lac-Mégantic. Coroner hopes to have victims identified by year's end

The Quebec coroner's office says it hopes to confirm the identities of eight missing victims in the Lac-Mégantic rail disaster by the end of the year.

Office spokeswoman Genevieve Guilbault says authorities are approaching the final step in their work to identify fragments of human remains found in the Quebec town.

Forty-seven people were killed in Lac-Mégantic on July 6, 2013, when a tanker train carrying volatile crude oil derailed and exploded in the middle of the community.

Officials have confirmed the identities of 39 people

who died in the fiery disaster that wiped out part of the town.

Guilbault says the ongoing analyses are a last-chance effort because in some cases only a limited number of fragments are suitable for testing.

She also says the intensity of the heat from the fire in the eastern Quebec town altered samples, further complicating the identification process.

Guilbault says experts are working to confirm the identities at laboratories in Montreal, Thunder Bay, and Bosnia-Herzegovina.

THE CANADIAN PRESS



A police photo showing extensive damage immediately around the train explosion site in Lac-Mégantic, Que. HANDOUT

Germany

Political parties ban 100 euro brothel 'flat-rate'

Germany's biggest political parties have agreed to ban so-called flat-rate sex offered by some brothels in the country.

The move is part of a clampdown on Germany's prostitution industry, which has boomed since a 2002 law legalized sex work. They view as exploitative the offers in some brothels where men can have unlimited sex for 100 euros (\$144).

A Social Democrat spokeswoman confirmed a ban was agreed to during coalition talks with Chancellor Angela Merkel's Union bloc.

THE ASSOCIATED PRESS

Iceland

Gunman shot dead by police — a first for country

Police in Iceland say they have shot dead a gunman — the first time the nation's armed police have shot and killed someone.

Police said officers were called to an apartment in the Reykjavik suburb of Arbaer Monday when a man fired a shotgun from inside the flat.

Two unarmed police men were shot when trying to enter the gunman's apartment. A special armed unit then entered and fired at the man, who was rushed to the hospital, where he died.

Iceland's regular police force does not carry firearms. THE ASSOCIATED PRESS

Deliberations begin in Ashley Smith inquest

Prison death. Jurors consider options, 11 months after start of coroner's inquest into 2007 choking death of teenager in custody

Jurors at an inquest into the videotaped choking death of a teenager in her segregation cell began their deliberations Monday after a delay in the presiding coroner's instructions to them.

Almost 11 months after they began hearing evidence, Dr. John Carlisle sent them away to come up with a verdict in the death of Ashley Smith along with recommendations on preventing a repeat of the tragedy.

"You must sort out what you believe to be the true picture of what happened — use the same common sense that you use every day," Carlisle told the five-woman panel.

"We now ask you to speak for Ashley."

Despite being on high suicide watch, Smith, 19, of Moncton, N.B., strangled herself in her segregation cell at the Grand Valley Institution in Kitchener in October 2007.

The inquest has heard how guards, who had previously rushed in to save the chronically self-harming teen, hesitated because of



Ashley Smith is shown in an undated handout photo released at the inquest into her prison cell death. CONTRIBUTED

orders from senior management against intervening as long as she was still breathing.

Carlisle took care to note the law presumes against suicide, which requires an intentional act with the person knowing death is probable. A wrong finding, he said, "oppresses the living and deems the dead."

The inquest that began hearing evidence in January — a first attempt had previously fallen apart — recessed until jurors return with a verdict. THE CANADIAN PRESS

Possible outcomes

The jurors have five verdict options: natural, accidental, suicide, homicide or undetermined. All are available to them.

- Homicide:** occurs when a person kills another. In an inquest setting, it is a neutral term that does not reflect culpability or blame.

- Undetermined:** If jurors

cannot decide on the balance of probabilities on one of those four categories, the appropriate one is "undetermined." A finding of undetermined is "not a failure on your part," coroner Dr. John Carlisle said.

The jury can, but is not required to, make recommendations.

Student suicide video seen online

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking sleeping pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday evening, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready

School response
"The university ... is urging people not to watch or distribute this hurtful material."

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimondeath."

Eventually, firefighters stormed in and rescued the young man.

Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

LUKE SIMCOE/METRO ONLINE



This image provided by Amazon.com shows the Prime Air unmanned aircraft project. AMAZON/THE ASSOCIATED PRESS

Here come the Amazon.com drones

This is not a joke. By 2018, the world's largest online retailer aims to deliver your order to your door via a drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery

boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night.

THE ASSOCIATED PRESS

The specs

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

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Calling for \$15/hr. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of \$7.25 US an hour.

Protesters are calling for pay of \$15 US an hour, al-

though many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will be enough to disrupt restaurants' operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected.

THE ASSOCIATED PRESS



In August, protests were held outside a McDonald's. Another round of demonstrations are set for Thursday. RICHARD DREW/THE ASSOCIATED PRESS FILE

Cost rose 6.9%

On the 13th day of Christmas came the \$114,651 Visabill

The price of buying lords-a-leaping for your true love jumped this year. If you buy all 364 items repeated throughout the carol The Twelve Days of Christmas, you'll pay \$114,651 US, 6.9 per cent more than 2012.

THE ASSOCIATED PRESS

Market Minute

 DOLLAR
93.98¢ (-0.18¢)

 TSX
13,419.57 (+24.17)

 OIL
\$93.82 US (+\$1.10)

 GOLD
\$1,221.90 US (-\$28.50)

Natural gas: \$3.97 US (+6¢)
Dow Jones: 16,008.77 (-77.64)



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(1) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.
(2) See store for details.

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Devonshire Mall
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Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Intercity Shopping Centre
Lambton Mall

Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place

Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One

Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

BLACK FRIDAY LEAVES A BLACK MARK

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait—I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact, tis' the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out



SHE SAYS
Jessica Napier
metronews.ca

of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island, NY after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters—upon hearing the news of the man's death—just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com — a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events — there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annual

[Blackfridaydeathcount.com](http://blackfridaydeathcount.com)

There have been seven deaths and 90 injuries recorded since 2006.

al ritualistic display of mass consumption.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere \$35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good actually rather than a climactic scene from *The Hunger Games*.

Follow Jessica Napier on Twitter @MetroSheSays

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/\$6.99)

watch it spread to take its place among history's most effective plagues. (iOS, Android/\$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less, the price has dropped on the excellent Mikey Shorts from \$0.99 to a crowd-pleasing zero cents. It's a simple side-scrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)



SCREENGRAB

Plague Inc.:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully

Letters

Twitter

Where's the Black Friday reporting?

I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.

Brian Bowes, Toronto

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

ZOOM

Satan Claus is coming to town



SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus — who, according to folklore, is the demon-like companion of St. Nicholas — who whips bad children with birch branches. **METRO**

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goatskin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.

METRO

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays (mummery) can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man — archetypes now found in the forms of St. Nicholas/Santa Claus, and the Devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" (Greetings from Krampus). In this way, the Krampus acquired a campy, santa-ized quality to its fearsome persona. In 2004, comix publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.



The Hangover Trilogy

Director: Todd Phillips

Stars: Zach Galifianakis, Bradley Cooper, Ed Helms

• • • •

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awaken from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicting the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

TV. Gerry Dee, star of Mr. D., knows it's lonely being at the head of the class

CBC sitcom star Gerry Dee is feeling a bit lonely.

The standup comic-turned-TV personality says there aren't enough Canuck comedies on the tube and it's especially tough for halfhour laughers to find success.

Dee says he was disappointed to see CTV's Satisfaction conclude after just one season, but is hopeful for upcoming arrivals, including CTV's Dave Foley project, Spun Out.

"If we keep having shows cancelled it's certainly not in-

The Sound of Music

Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a



Carrie Underwood stars in The Sound of Music Live! on Thursday.

THE ASSOCIATED PRESS

live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original.

Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with costmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How

Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunefully teases the wealthy Elsa, who, in her posh relationship with her fiance, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and smuggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp

Where to watch it

- Citytv. The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- NBC. Also begins the live show at 8 p.m. EST

terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsals began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

THE ASSOCIATED PRESS



Gerry Dee says there are plenty of changes in store in the new season of Mr. D., which starts in February. CONTRIBUTED

2
SCENE

You had me at merengue: Will Renee dance her way onto reality television?



Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of *Dancing with the Stars* to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since *Chicago* more than 10 years ago, and

there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

Twitter

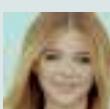


@ladygaga

Rolled around Tokyo today, made it to my favorite shop. They asked me to paint a leather (an epic pastime of mine)



• • • •



@ChloeGMoretz

had a weird dream after watching the new hunger games that i picked up archery and was like a championship archer. weird. need to buy a bow.

• • • •



@jeremypiven

The good news is we are alive and not defined by our favorite sports teams (he said sobbing like a grandmother on the floor)

• • • •



Kate Moss ALL PHOTOS GETTY IMAGES

Who gets to canoodle with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of *Playboy*, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just

lob softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like... [mimes dying-of-shock]. My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed *Fast and Furious* actor Paul Walker and his business partner, Roger Rodas, on Saturday. *TMZ.com* reports that cops are looking into the possibil-

ity that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in memoriam of Walker.

Meanwhile, production for *Fast and Furious 7* "won't be scrapped," sources close to the production tell *The Hollywood Reporter*.

The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January.

Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Two familiar faces come out to the social media sphere

PAT
HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heartfelt confessional.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video.

"In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something like that could

happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the *New York Times'* *Modern Love* titled, *Coming Out as a Modern Family*. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be."

Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.

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What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants.

But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the anti-oxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant

to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just

Making sense of matcha



If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- Where is it grown? Matcha

only grows in Japan.

- Why drink it? It's known as a mood enhancer because of its amino acid content.
- Pricey? The softer matcha is, the more expensive it is.



Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

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3
TEA

Huevos Rancheros: Brunch in Mexico without leaving home



This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, until egg is set on bottom.
2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.
3. Sprinkle cheese over eggs

and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

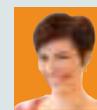
COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

spoonful.

• Use in place of peanut butter in cookie recipes. You will not notice the difference.

• Add to smoothies to bump up protein and good fats.

• Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.
- Dip dried fruit into a table-

AND FOUND DAILY AT
MYFRIENDINFOOD.COM



Cauliflower-Bell Pepper Quiche cuts down calories



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

You might be ready to take it easy before the rush of holiday calories. If so, this brunch or dinner dish is for you.

The simple, low-carb, high-flavour "quiche" calls for no grains, no gluten and no heavy lifting.

The whole thing is cooked in a single skillet and requires only a few minutes of hands-on time. The "crust" is made from caramelized cauliflower florets, but actually any number of other vegetables could be substituted. This quiche also can be seasoned however you like. Curry powder would be great, as would smoked paprika and cumin. And if you like it spicy, add some chopped jalapenos to the mix.

1. Heat a large skillet over medium heat. Coat the pan with cooking spray, then add the cauliflower florets and bell pepper, arranging them in an even layer. Season with salt and pepper. Cook, without stirring, for 3 minutes.
2. Stir to turn the florets, then let them cook another 3 min-

utes without moving them. Once the florets are evenly browned, cover the pan and cook another 3 to 4 minutes.

3. In a bowl, mix together the egg whites, thyme and garlic. Pour evenly over the vegetables, then reduce heat to medium-low, cover the pan and cook for 3 minutes.

4. Sprinkle the feta over the quiche, then cover again and cook for another 3 to 4 minutes, or until the eggs are completely cooked. Season with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 5 cups small cauliflower florets (about 1 head)
- 1 large red bell pepper, cored and chopped
- Salt and ground black pepper
- 8 egg whites (or 1 1/2 cups pasteurized egg whites)
- 1 tbsp chopped fresh thyme
- 2 cloves garlic, minced
- 1/3 cup fat-free crumbled feta cheese

Brunch. Starry Morning Raisin French Toast



1. Whisk eggs, milk, vanilla, cinnamon and salt in a shallow dish.

2. Spread jam over 6 slices of Sun-Maid Raisin Cinnamon Swirl Bread and top remaining slices to make sandwiches.

3. Cut each sandwich into a festive shape with a large cookie cutter. Reserve remaining bread for another use.

4. Dip each shape into the egg mixture on both sides.

5. Cook 3 minutes per side in a buttered non-stick skillet over medium low heat or until golden.

Ingredients

- 3 eggs
- 2/3 cup (150 ml) milk
- 1 tbsp (15 ml) vanilla
- 1/2 tsp (2 ml) cinnamon
- Pinch salt
- 1/3 cup (75 ml) of your favourite jam
- 12 slices Sun-Maid Raisin Cinnamon Swirl Bread
- Butter, for cooking
- Icing sugar, for dusting
- Maple syrup, for topping

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Different types

OMG: The truth about boredom

When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

Indifferent boredom: A relaxing, possibly positive type — “a general indifference to, and withdrawal from, the external world”

Calibrating boredom: Wandering thoughts — “general openness to changing the situation”

Searching boredom: “Seeking out specific ways of minimizing boredom”

Apathetic boredom: Impossible to break from this mode — “dangerous, similar to depression”

KIERON MONKS/METRO



Why you so bored? ISTOCK

Managing meltdowns: Tips on tackling your kids' Xmas tantrums

Match expectations.

If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

“Tantrums are about power struggles and attention,” said Natalia McPhedran, an Ottawa-based children’s coach and author of *Life With Kids — Empowering Our Children To*

Be Ready For The Real World, due out in December. “If we use techniques at home that avoid the power struggles, I think that you’re halfway there by the time you get to the mall because they know: ‘OK, Mom means business.’”

McPhedran — a mother of two — outlines expectations prior to a shopping trip. That includes specifying the purpose of the visit to ensure youngsters don’t get sidetracked.

“For example: Today, we’re just going to get this and this and this. Don’t even ask me for chocolates, don’t ask me for candy, don’t ask me for toys. You can look, but you can’t touch, b e - cause today we’re not buy-

ing that,” said McPhedran. “If you’re consistent with following through with other things at home, they know that you mean business when you say something.”

“You’ve already given them that pre-set expectation at home. When they get to the mall, they know that you’re also going to follow through there.” Once kids know the expectations, McPhedran said it’s still good to have rules making kids aware of what they can do.

“Once you get there, let’s say: ‘Let’s go in the toy aisle and let’s go and look at all the cool stuff they have. Tell me what you like and we’ll see what Santa can do,’” she said. “I remember we used to walk through the toy section of Zellers when I was

Even if they freak out, you should remain calm at all times. ISTOCK



Festive distractions

• **Keep ‘em busy.** “Christmas is a great way to get them involved — decorating, cleaning, vacuuming. If you’re going to have a big dinner, say: ‘This is going to be your job.’ How awesome do kids feel when you give them a task, like just making the name tags for the place settings?”

little and we never walked out with stuff every time we went.”

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

“You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look,” said McPhedran, mother to an 11-year-old

daughter and nine-year-old son. “Come down to their level, calmly say: ‘We are not having this right now.’”

McPhedran said adults should recognize their child’s feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial pre-warning that buying goods for them wasn’t a part of the day’s agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

“If they know what to expect and they know what you expect of them, then the behaviour should just follow,” said McPhedran.

“Before I leave the house, I would say: ‘Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.’”

THE CANADIAN PRESS

Bringing music to life for the deaf

Holly Maniatty. After learning sign language she now interprets at concerts and has an a-list clientele

Holly Maniatty creates music — for the deaf.

Teaming American Sign Language with dance moves and body language, she brings musical performances alive for those who can’t hear. Her clients are a who’s who of rock, pop and hip hop: Bruce Springsteen, Eminem, Mumford & Sons, Jay-Z, Billy Joel, Marilyn Manson, U2, Beastie Boys and Wu-Tang Clan, to name a few.

Along the way, videos of her fast-motion, helter-skelter signing have become popular online. There’s the video of Springsteen jumping down from the stage at the New Orleans Jazz Fest and joining Maniatty and another interpreter. There, he dances and signs to *Dancing in the Dark*.

“Deaf people were commenting, ‘Oh, the Boss knows he has deaf fans. That’s awesome,’” she said. “When artists connect with their inter-



Maniatty working at New England's largest drag queen show. AP PHOTO

preters, they also connect with their deaf fans.”

In another video, rap artist Killer Mike approaches Maniatty in front of the stage after noticing her animated signing.

“I’ve never seen that before,” he says to her before challenging her to sign a profane phrase, which she does wholeheartedly as the crowd hoots and hollers.

At a Wu-Tang performance, Method Man took notice of

her signing, came down from the stage and joined her. “He said, ‘That’s dope,’ and gave me a hug and a fist pump,” she said.

This month, she found herself at New England’s largest drag queen show, signing as performers from all over sashayed down the runway and lip-synched to booming music. Oscar-winning actress Marlee Matlin, who’s deaf, took to Twitter this year when she saw a video of Maniatty

performing at the Wu-Tang show: “Wu tang interpreter is rapping in sign BIG time!!”

The 33-year-old Maniatty, who lives outside Portland, learned sign language while studying it at the Rochester Institute of Technology in New York. She decided to make a living of it despite counsellors’ advice against it.

She works for a company that connects deaf people with other people over video-phones that are connected online to computers or TVs. But from mid-April to mid-September, she travels for paid gigs interpreting all types of music — hip-hop, rock, jazz, country, gospel, rap. It’s hard work. To prepare for concerts and festivals, Maniatty studies the musicians for whom she’ll be signing. She learns their lyrics, their dialect, their every move.

Jay-Z, for instance, is open and boisterous on stage, while Eminem slouches and drops one of his shoulders.

“As much as you’re able to study those movements and incorporate them into your interpretation,” she said, “you really breathe that artist in, and it’s more authentic for people.”

THE ASSOCIATED PRESS

Medical students studied

Movies improve our empathetic feelings

Movie scenes can instill empathy in burnt-out medical students, according to a study on 248 second-year students at Jefferson Medical College in Philadelphia. Lead study author Mohammadreza Hojat, Ph.D., a research professor in the Department of Psychiatry and Human Behavior at Thomas Jefferson University, found that empathy toward patients

tends to decrease during medical school. But students who were shown movies that highlight a patient’s perspective became more empathetic, according to a new study published in the journal *Medical Teacher*. Previous research has shown that, overall, doctors who score higher on empathy tests have patients who do better. **Significance:** Better patient care and outcomes is a point of interest for administrators of the new Patient Protection and Affordable Care Act, both for the patient’s benefit and for reducing costs. METRO

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Stay clear of these kiddie cash grabs

Before you head to Toys "R" Us in search of the best prezies to give this holiday season, check out the list of the worst toys according to the Campaign for a Commercial-Free Childhood. This is the fifth annual year the CFC is releasing its popular "worst" list, and you can vote for the winner on the organization's website, commercialfreechildhood.org. At right are the five finalists. **METRO**



Monopoly Empire

The Monopoly franchise sold out this year with the release of Monopoly Empire, which is basically a way to advertise to kids. Players compete to buy Coca-Cola, Samsung and other brands instead of properties. Even the game pieces are ad-based: kids can be McDonald's french fries or an Xbox controller. It's product placement at its worst.

iPotty

Meant to teach toddlers how to use the toilet, the iPotty features a tablet holder that lets kids play games and watch videos while on the potty. Great, so your kids will finally want to go to the potty, but only to play. Shouldn't the bathroom be the one place where kids don't need electronics?



The Real Tooth Fairies VIP Upgrade

The tooth fairy gets a fashionista spin with this virtual game. Kids can use their "sparkle dollars" to buy their tooth fairy a closet full of outfits — there are over 200 to choose from — and plan parties. And the dollars parents spend on this game are very real at \$59 US per year.

Imaginext Mega Apatosaurus

If dinosaurs had the benefit of armour and cannons, like this toy does, they might still be around. The battery-powered Apatosaurus can walk and fire without kids even touching it. No playing or imagination necessary!



Play-Doh Create ABCs App

Um, sorry, but what fun is Play-Doh when you can't smell it, feel it or mold it? The Play-Doh app lets kids choose what they want to make, but when all you are doing is sliding electronic Play-Doh into a mold, it takes away all of the creativity and fun.

What's growing in your veggie drawer? A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food



YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However,

my daughter triumphantly reported that her family of four is in better financial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained. As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham.

In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel



When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. **ISTOCK**

empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of the grocery expenditures. Claudia figures she is saving around \$200 a month.

An Internet search turns up

hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my fridge.

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.

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ST. CLAIR LAUNCHES TWO NEW PROGRAMS

FOR CAREERS IN FITNESS AND HEALTH

The fitness and health industry has exploded in recent years with more and more people working hard to improve their health and fitness levels.

That means greater opportunities for trained professionals who want to work in the fitness industry, either in a gym, in an institutional environment or as a personal trainer.

To meet that need, St. Clair College recently launched two new programs to help people advance their career in this exciting growth industry.

Fitness and health training is a one-year certificate that prepares students to work as program leaders, instructors in recreation, sports and fitness facilities, or as fitness and health consultants.

The program combines the science of physiology, anatomy, biomechanics and nutrition with practical training in exercise and conditioning.

"People who are passionate about working with others to help them improve their life will benefit greatly from this program," says Deborah Ivey, faculty and program co-ordinator.

The program is supported by the campus' new HealthPlex, a 53,000-square-foot state-of-the-art gym and fitness facility.

"Students in the program have the best of the best when it comes to lab space to work out in," Ivey says. "It is a definite asset to the program and the curriculum when you can teach students using all the latest equipment."

A two-year diploma program is also being launched at the Windsor campus in September 2014. Fitness and health promotion is a comprehensive program designed to give graduates the skills to



CONTRIBUTED

manage programs in community institutions, municipal recreation departments or to exercise their entrepreneurial spirit and open their own business developing fitness and health-related programs for groups.

When this program starts, it will also be supported by a new 80,000-square-foot SportsPlex that is complete with a triple gym, a 10,000-square-foot fitness centre

and indoor elevated running track.

Both programs provide opportunities for students to qualify to complete additional accreditations, including the National Fitness Leadership Alliance and the Canadian Society for Exercise Physiology — Certified Personal Trainer.

For more information or for a tour of the facilities, call 519-972-2760, or email tour@stclaircollege.ca.

A woman with short brown hair, wearing a striped shirt, is sitting on the floor and playing with a young child. The child is reaching up towards the woman's hand. They are both smiling. In the foreground, there are some colorful children's books.

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"Whether you are personally motivated, or career focused, we offer a variety of programs and courses that can be completed from the comfort of your own home," says Sherrie Fennell, business and distance learning program consultant, continuing education, Fanshawe College.

One of the many programs offered through FOL is the online sterile processing certificate. This certificate blends theory with hands-on applications of theoretical principles delivered through course work and a 150-hour field placement.

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Lee-Ra, Fanshawe College online learning student

programming means students can complete a certificate program in less than a year and be ready for the job market.

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While offering a number of delivery methods to meet the needs of students, Fanshawe also places great value in finding the best instructors to assist in student success.

"Our part-time instructors are the best of both worlds — while they are educated in their field, they also currently work within the industry," Fennell says. "They are up-to-date on current trends, immersed in real-world experiences daily, and offer great networking opportunities for our students."

To view the entire library of online opportunities and information on continuing education at Fanshawe College, visit fanshawec.ca/ce and follow the "online learning" tab.

settings related to the sterilization, preparation and storage of equipment.

The certificate in bookkeeping through FOL will have students ready to act in the capacity of bookkeepers, accounts receivable/payable supervisors, administrative assistants, payroll administrators, office managers, budget co-ordinators, and as-

sistant controllers.

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NBL

Lightning release Maurice Carter

The London Lightning have released guard Maurice Carter almost as quickly as he officially joined the team.

Carter has been in London since mid-November and spent most of that time awaiting clearance from the International Basketball Federation to take the court. He left Saturday's

game against Moncton with a sore back after playing a short stint.

"Team management has determined that (Carter) is not the type of guard they are looking for and the organization wishes him well in his future endeavours," the Lightning said in a statement released Monday.

Coach Micheal Ray Richardson had previously said Carter, a native of Richmond, Va., would replace point guard Raheem Singleton.

The team released Singleton on Friday, saying the Boston native would remain in London and practice with the team to learn from veteran guards.

With seven consecutive wins under their belt, the 7-2 Lightning sit at second in NBL standings under the 9-2 Brampton A's.

London travels to Ottawa on Wednesday to face the Skyhawks (5-5) and play the Mississauga Power (4-7) on the road Thursday.

The Lightning will be back in action at Budweiser Gardens on Saturday against the Windsor Express (6-4). Game time is 7 p.m.

METRO



Maurice Carter
METRO



London Knights forward Bo Horvat celebrates a goal during a recent game at Budweiser Gardens. ANGELA MULLINS/METRO

Horvat sets his sights on Malmö

World juniors. Knights forward added to camp roster for Team Canada



CAM
TUCKER
Metro in Vancouver

Of all the celebrated Canadian moments from the world junior championships, Jordan Eberle's dramatic semifinal tying goal against Russia in 2009 stands out above the rest for London Knights centre Bo Horvat.

Horvat now has an oppor-

Quoted

"You just gotta go and ... prove to them that you should stay there and be on the team."

Bo Horvat, London Knights forward, talking about the pressure to remain among the final 22 players who will eventually travel to the world junior championships in Malmö, Sweden, at the end of December.

tunity to create his own world juniors memory.

On Monday, Hockey Canada announced Horvat among its 25-man selection camp roster for the tournament starting on Boxing Day in Malmö, Sweden.

Hockey Canada's camp begins Dec. 12 in Etobicoke.

"When I got the call this morning, I was really thrilled to be a part of it and I just can't wait to get there and show them what I got," Horvat said in a phone interview.

"More excitement than anything but definitely a little nervous at the same time."

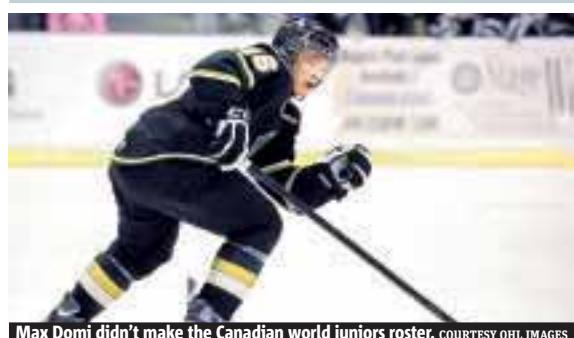
The 25-man roster is the

lowest number of players to attend a selection camp, according to Hockey Canada president and CEO Bob Nicholson.

TSN reported that only three players — two forwards and one defenceman — will be released prior to the beginning of the tournament.

The final roster will include 22 players, and has to be finalized by Dec. 25.

"You can't be laid back, you can't think you already have a spot on the team," said Horvat, who has 12 goals and 37 points in 24 games with the Knights.



Max Domi didn't make the Canadian world juniors roster. COURTESY OHL IMAGES

World juniors. Knights' Domi snubbed

Two London Knights forwards are in the running for Canada's world junior team.

Bo Horvat and Josh Anderson are among 25 players invited to the selection camp.

Knights forward Max Domi, who wasn't selected, released a statement saying he was "disappointed."

"It has always been a dream of mine to play for

Team Canada at the World Junior Tournament," said Domi, a 2013 first-round Phoenix Coyotes pick.

The plus-11 player said he's "very excited" for Horvat and Anderson.

Team Canada officials, speaking during a news conference, said there will be "a lot" of opportunities for Domi "down the road."

Selection camp runs Dec. 12-15 in Etobicoke, with 22 players slated to make the final cut for Canada's team heading to the IIHF world junior championship in Malmö, Sweden.

The roster will be finalized by Dec. 25 with the tournament running between Dec. 26 and Jan. 5.

METRO

4 SPORTS

Keeping their edge with sledge



Team Canada captain Greg Westlake is all smiles after Monday's 5-3 win over Russia at the World Sledge Hockey Challenge in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

MLB

Blue Jays sign catcher Navarro

Catcher Dioner Navarro signed a two-year contract with the Toronto Blue Jays on Monday.

He will earn \$3 million US in 2014 and \$5 million in 2015.

The 29-year-old hit .300 with a career-high 13 home runs in 89 games for the Chicago Cubs last season. He also had 34 runs batted in.

Navarro has struggled with injuries throughout his career. He dealt with oblique and ankle injuries over the past three years, playing less than 90 games every season since 2009.

The 10-year veteran from Venezuela has also played for the Tampa Bay Rays, New York Yankees, Los Angeles Dodgers and Cincinnati Reds.

THE CANADIAN PRESS



Dioner Navarro

THE ASSOCIATED PRESS FILE

NHL. Leafs' Lupul back on the ice but not a full participant at practice

The Toronto Maple Leafs got a welcome sign when injured winger Joffrey Lupul skated for the Leafs prior to the team's regular skate on Monday morning.

The star came onto the ice by himself at about 10, half an hour before the Leafs began their practice.

However, Lupul did not participate in the full practice. He has been out of the lineup with strained groin. The Leafs spent the early part of practice in the video room.

Leaf defenceman Cody Franson also did not practise. He's out with an undisclosed lower-body injury.

Lupul has been out with a groin injury since Nov. 25 and has missed the last three games. In that time, the Leafs have gone 0-1-2.

Lupul started skating slowly and then began to open up his stride a bit more, shooting pucks at an empty net.

He was skating under the supervision of strength and conditioning coach Anthony Belza while skating coach Barb Underhill looked on.

Lupul was hurt against the Columbus Blue Jackets.



Joffrey Lupul
TORSTAR NEWS SERVICE FILE

He was expected to be out for two weeks. He last scored for the Leafs on Nov. 9 against Boston.

In 22 games this season, Lupul has eight goals and seven assists and he's a minus-6.

He hasn't been on the scoreboard since Nov. 19.

In that game against the New York Islanders, Lupul equalled his career high for assists in one game when he helped set up three goals in the Maple Leafs' 5-2 win, according to Elias Sports Bureau. TORSTAR NEWS SERVICE

Sochi. No strangers to overcoming obstacles, Paralympic hockey players helping smash disability stereotypes

Greg Westlake grew up playing "standup hockey."

That's what Canada's Paralympic sledge hockey players call the good old game.

"I was as big as the other kids, I had the hand-eye coordination, I was a good athlete and a good hockey player but you hit that realization that you're not going to be the first double-leg amputee in the NHL," said the Oakville, Ont., native. "Once you come to that realization it's like, what else? Do I take school more seriously or do I find other hobbies?"

That's when Westlake discovered that he didn't have to give up the game he loved at all.

Since taking up sledge hockey, he's been to two Paralympics, experiencing both the high of a gold medal in

A new battleground

Dominic Larocque was half-way through his first tour in Afghanistan when the light armoured vehicle he was travelling in hit a landmine. The corporal woke up to discover his left leg had been amputated above the knee and he feared his life was all but over.

- "When I joined the team I had a chance to talk to players in wheelchairs with full lives, wives, kids — and I realized I just lost a leg," he said. "My life is not done."

the 2006 Turin Games and the heartbreak of fourth place in 2010 Vancouver. Westlake hopes to lead the team he now captains back to gold for the 2014 Paralympics in Sochi, Russia, on March 7-16.

The Paralympics don't get anywhere near the attention the Olympics get, but that's just one more challenge for

these athletes to overcome. And they're very good at overcoming challenges.

These players have all survived congenital disorders, childhood cancer, traumatic accidents and even a landmine in Afghanistan. Then, they had to become elite athletes and skilled players to make the national team.

All Paralympic events from skiing to curling help break down long-standing stereotypes about disability and elite sport, but sledge hockey — a full-contact game — downright smashes them.

"You might see a guy day-to-day in a wheelchair or missing a leg and people feel pity, people feel charity for those guys, and then you come watch a sledge hockey game and you see the hits and the contact," said Westlake.

The Canadian team is undefeated, so far, in the World Sledge Hockey Challenge, the last tournament before the Sochi Paralympics. Canada beat Korea 5-2 on Sunday and Russia 5-3 on Monday in Toronto.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

MONDAY'S RESULTS

Winnipeg at NY Rangers

New Jersey at Montreal

Philadelphia at Minnesota

St. Louis at Los Angeles

SUNDAY'S RESULTS

Vancouver at Carolina 2

Detroit 4 Ottawa 2

Edmonton 3 Dallas 2 (SO)

TUESDAY'S GAMES

All Times Eastern

San Jose at Toronto, 7 p.m.

Tampa Bay at Columbus, 7 p.m.

Carolina at Washington, 7 p.m.

Pittsburgh at NY Islanders, 7 p.m.

Ottawa at Florida, 7:30 p.m.

Vancouver at Nashville, 8 p.m.

Dallas at Chicago, 8 p.m.

Phoenix at Edmonton, 9:30 p.m.

Los Angeles at Anaheim, 10 p.m.

WEDNESDAY'S GAMES

Montreal at New Jersey, 7 p.m.

Philadelphia at Detroit, 8 p.m.

Phoenix at Calgary, 10 p.m.

THURSDAY'S GAMES

Dallas at Toronto, 7 p.m.

San Jose at Pittsburgh, 7 p.m.

NY Rangers at Buffalo, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

NOT INCLUDING LAST NIGHT'S GAMES

Boston at Montreal, 7:30 p.m.

Ottawa at Tampa Bay, 7:30 p.m.

Carolina at Nashville, 8 p.m.

NY Islanders at St. Louis, 8 p.m.

Chicago at Minnesota, 8 p.m.

Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

G A Pts

Crosby, Pgh 13 23 36

Malkin, Pgh 7 28 35

Steen, StL 20 11 31

Getzlaf, Ana 13 18 31

Kane, Chi 16 14 30

Tavares, NYI 11 19 30

Zetterberg, Det 11 19 30

Ovechkin, Wash 21 8 29

Perry, Ana 15 14 29

Thornton, SJ 4 25 29

H. Sedin, Van 7 21 28

Kunitz, Pgh 14 13 27

Couture, SJ 9 18 27

Karlsson, Ott 7 20 27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern

Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

W L Pct GB

d-Indiana 16 1 .941 —

d-Miami 14 3 .824 2

Atlanta 9 9 .500 7^{1/2}

d-Toronto 6 10 .375 9^{1/2}

Washington 8 9 .471 8

Chicago 7 8 .467 8

Charlotte 8 10 .444 8^{1/2}

Detroit 7 10 .412 9

Orlando 6 10 .375 9^{1/2}

Boston 7 12 .368 10

Philadelphia 6 12 .333 10^{1/2}

Cleveland 5 12 .294 11

Brooklyn 5 12 .294 11

New York 3 13 .188 12^{1/2}

Milwaukee 3 13 .188 12^{1/2}

WESTERN CONFERENCE

W L Pct GB

d-Portland 14 3 .824 —

d-San Antonio 14 3 .824 —

Oklahoma City 12 3 .800 1

d-LA Clippers 12 6 .667 2^{1/2}

Houston 13 5 .722 1^{1/2}

Denver 10 6 .625 3^{1/2}

Dallas 10 8 .556 4^{1/2}

Golden State 10 8 .556 4^{1/2}

Phoenix 9 8 .529 5

New Orleans 8 8 .500 5^{1/2}

Memphis 8 8 .500 5^{1/2}

L.A. Lakers 9 9 .500 5^{1/2}

Minnesota 9 10 .474 6

Sacramento 4 11 .267 9

Utah 3 15 .167 11^{1/2}

d-division leader

MONDAY'S RESULTS

Orlando at Washington

New Orleans at Chicago

Atlanta at San Antonio

Houston at Utah

Indiana at Portland

TUESDAY'S GAMES

Orlando at Philadelphia, 7 p.m.

Denver at Brooklyn, 7:30 p.m.

Milwaukee at Boston, 7:30 p.m.

Detroit at Miami, 7:30 p.m.

Phoenix at Memphis, 8 p.m.

Charlotte at Dallas, 8:30 p.m.

Oklahoma City at Sacramento, 10 p.m.

Toronto at Golden State, 10:30 p.m.

Horoscopes

 **Aries**

March 21 - April 20

As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

 **Taurus**

April 21 - May 21

In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

 **Gemini**

May 22 - June 21

Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

 **Cancer**

June 22 - July 23

If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

 **Leo**

July 24 - Aug. 23

Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

 **Virgo**

Aug. 24 - Sept. 23

There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit. **SALLY BROMPTON**

 **Libra**

Sept. 24 - Oct. 23

Your energy may be high at the moment but don't burn yourself out. Social invitations will come over the next few days but you are under no obligation to say yes to any.

 **Scorpio**

Oct. 24 - Nov. 22

The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

 **Sagittarius**

Nov. 23 - Dec. 21

As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

 **Capricorn**

Dec. 22 - Jan. 20

There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

 **Aquarius**

Jan. 21 - Feb. 19

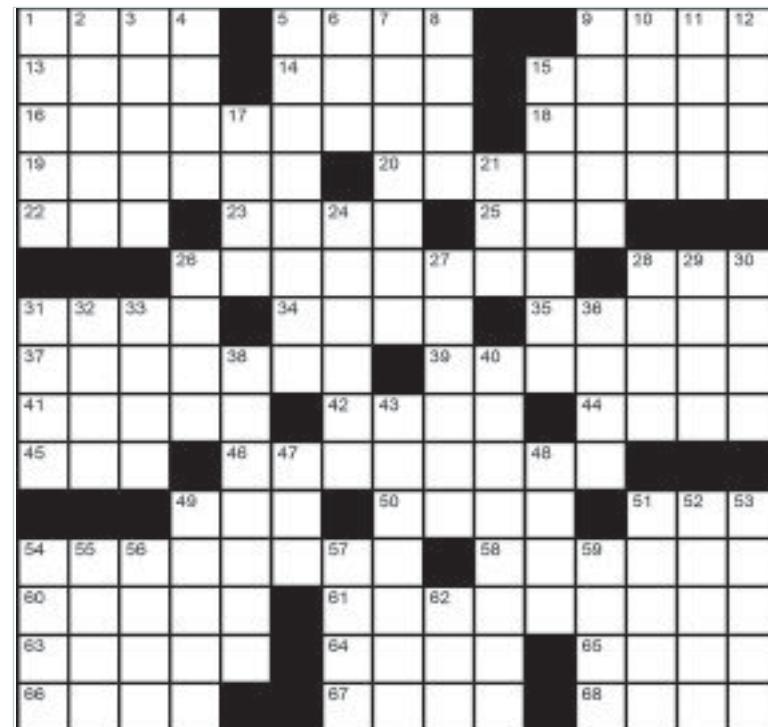
The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

 **Pisces**

Feb. 20 - March 20

You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

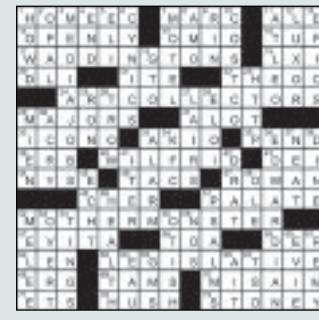
Crossword: Canada Across and Down



Across

1. Punt
5. '90s Halifax band
9. Britney Spears' new album: 'Britney ___'
13. ___ even keel: 2 wds.
14. Stratford-___-Avon
15. Ms. Berry
16. Potter's penner 18. "Golly!"
19. Anna Karenina's love in Leo Tolstoy's classic book
20. Shoppers ___
22. Tonality
23. ___ Admiral
25. Gambler's cube
26. "Hmm...": 3 wds.
28. Fred ___ (lyricist of Broadway musical Cabaret)
31. Swedish store
34. John who co-hosted "Entertainment Tonight"
35. "Like that'll happen!"
37. Fraser = ___
39. Actress Ferrera
41. CTV journalist
- Ms. Len
42. "___ help you?" (Store's query)
44. Kinds
45. Fathers of Jr.s
46. College in Ontario; or, actress Niclette
49. Three non-constitutants
50. Singer/songwriter Aimee
51. Grand ___ (Wine designation)
54. Egypt: Kingly discovery back in '22: 2 wds.
58. Scratcher's reasons
60. Popeye's enemy
61. Traditional dwelling of the Iroquois
63. Tree type
64. Nine ___ Nails
65. Mix
66. Mailing enclosures, e.g.
67. Green, in Gaspe
68. Xs
- Down
1. '70s detective series
2. Linen tape for trimmings
3. Comedian Drew Fort ___ Kentucky
4. Fort ___ Kentucky
5. 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
6. Prefix to 'culture' (Beekeeping)
7. England's capital, in France
8. Civil or Electrical, e.g.
9. Actress Ms. Pressly
10. ___ Ostrovsky ("Hot in Cleveland" character)
11. Yankee or Oriole, e.g.
12. Tree dwelling
15. Cleanliness
17. Was alternative
21. 'Quiet' add-on
24. Punish with an arbitrary fine
26. Secular
27. Ms. Twain
28. Santana song: "Ways"
29. British guitarist Jeff
30. Cape Breton inland sea, ___ d'Or Lake
31. Some PCs
32. Vehicle in "If I Had \$1,000,000"
33. Makes mistakes
36. Ireland, in verse
38. Guest
40. One Direction's latest album: 'Memories'
43. Ulna: 2 wds.
47. Boo-
48. Literary collection [abbr.]
49. "Melrose Place" star Rob
51. Plane-jumper's need
52. Amber, for example
53. Device operators, for example
54. Time as yet unknown acronym [pl.]
55. Role in "The Producers" (2005)
56. Sassiness, in slang
57. 1054 in ancient Rome
59. Price
62. ATM maker

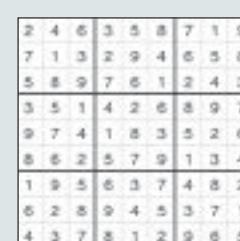
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



7	1	5	2	9
5	9		1	8
4	2	5		
8	6	4		5
			8	3
			9	9
5			3	
			5	1
			1	6
3	8	1	9	



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